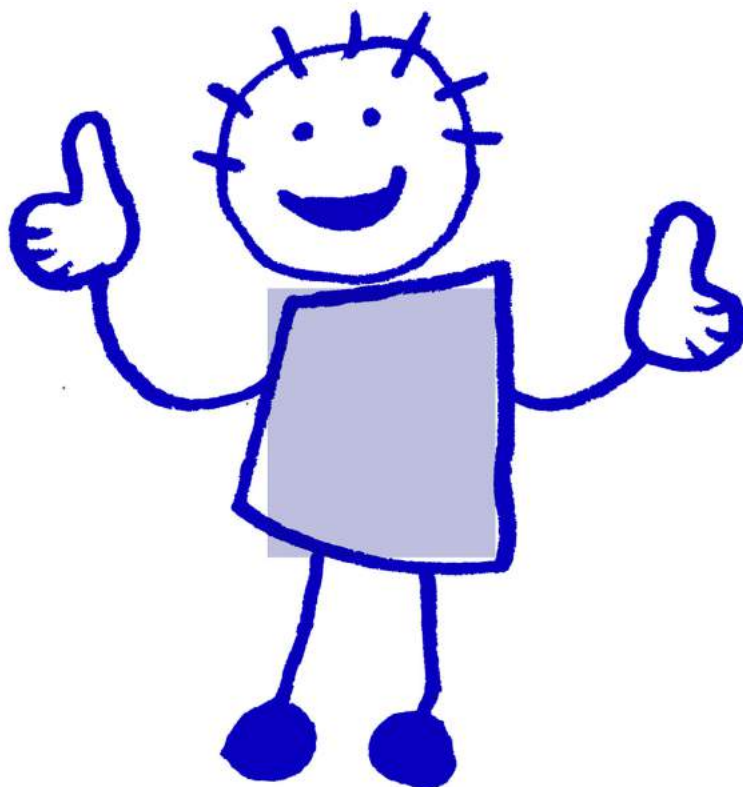


#WholeClassHappy

All children need to feel safe before they can learn.

Here are some easy, practical, whole class grounding ideas to use regularly on a daily basis to create a safer, happier classroom environment for everyone - including you!



FREE Download Also Available

'What Survival Looks Like In School' to recognise what children & teens look like in Flight/Fight/Freeze/Submit with specific grounding ideas to re-engage child and encourage learning.
Visit www.innerworldwork.co.uk

Get Safe, Be Happy, Learn More!

#WholeClassHappy

Balance a ping pong ball on your lips!
Breathe in through your nose and blow out through your mouth to see how long you can keep your ping pong ball in the air for.



Press your palms together and hold the squeeze for 10 seconds

Give yourself a big hug and squeeze for 10 seconds



Feet On The Floor
Literally get grounded!
Take your shoes off as soon as you enter the class, leave them off until you have to go out again.

Elephant Trunk Stretch
Sit on the floor. Stretching your arms, lean forward to touch your toes or as far as you can - then try to put your head on your knees!



Link hands & press down on your head for 10 seconds



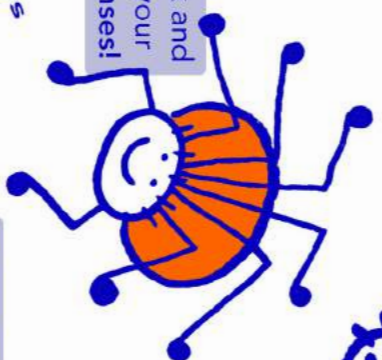
Need a 1 minute brain break? Spend it colouring in the 'whole class' colouring book. Team work!



Soft Fabrics
Stress Balls
Chew Toys
Fiddle Toys
Putty



Take a walk and show me your Spidey Senses!



Squish, Squash, Relax after a break or lunchtime to get bodies relaxed and learning brains ready!



EMERGENCY BRAIN BREAK!

1. March around the playground once moving your whole body
2. On the way back in to your class, tell your teacher your name
3. Carry on with your task!



Stretch & Relax!
Reach high for the sky then slowly, slowly, slowly bring your arms down towards floor towards your toes. Relax there for a few seconds.

Calm the body and engage the mind with Tummy Buddies



1. Choose a soft toy that you can balance on your tummy and ask your teacher to put on some gentle music
2. Take your shoes off and lie down so you are comfortable
3. Put the toy on your belly
4. Breathe in: While your teacher counts to three, breathe in through your nose so your tummy gets big and your toy goes up in the air.
5. Breathe out: While your teacher counts to 4 breath out through your mouth so your tummy sinks and your toy sinks down.
6. Repeat this 10 times, can you rock your tummy buddy to sleep so they feel completely safe, calm and relaxed?



Squish, Squash, Relax

#WholeSchoolHappy

1. Take your shoes off and sit or lie down so you are comfortable

Relax

2. Close your eyes

3. Squish and squash your toes and feet

Relax

4. Squish & squash your leg muscles

Relax

5. Squish & squash your bottom muscles

Relax

6. Squish & squash your tummy muscles

Relax

7. Squish & squash your chest muscles

Relax

8. Squish & squash your hands

Relax

9. Squish & squash your arms muscles

Relax

10. Squish & squash your shoulders

Relax

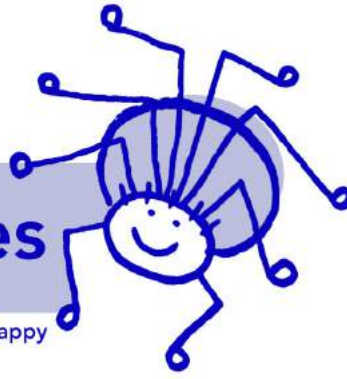
11. Squish & squash your face muscles

Relax

12. Squish & squash your whole body

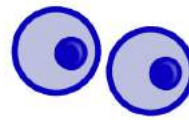
Spidey Senses

#WholeClassHappy

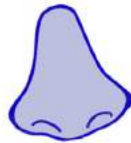


Go for a whole class 5 minute walk
around the school, the playground or even just the classroom!

**What can
you see?**



**What can
you smell?**



**What can
you hear?**



**What can
you feel?**



**When your walk is finished, talk as a
class about how you experienced your walk!**



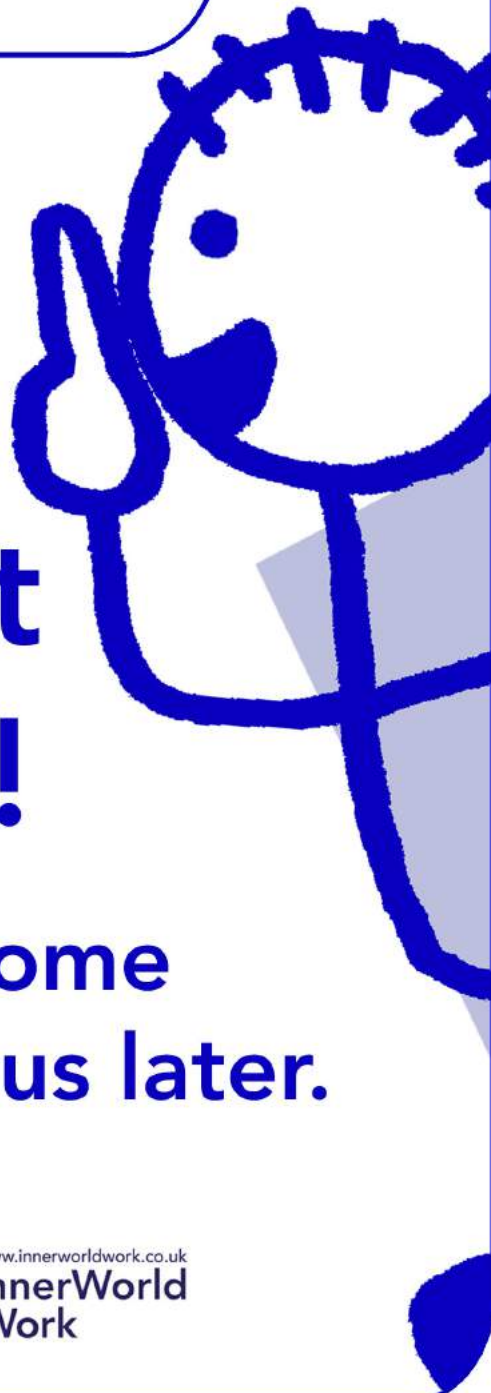
www.innerworldwork.co.uk
**InnerWorld
Work**

Shhhhhhhhh

#WholeClassHappy

It's
Quiet
Time!

Please come
and see us later.



www.innerworldwork.co.uk
InnerWorld
Work

Transition Cards

Do you have students who worry about permanency/abandonment?
Print out and give these to your whole class on a Friday. #WholeSchoolHappy

Looking
forward to
seeing you
on Monday!



Looking
forward to
seeing you
on Monday!



Looking
forward to
seeing you
on Monday!



Looking
forward to
seeing you
on Monday!



Looking
forward to
seeing you
on Monday!



Looking
forward to
seeing you
on Monday!



Looking
forward to
seeing you
on Monday!



Looking
forward to
seeing you
on Monday!



Looking
forward to
seeing you
on Monday!



Looking
forward to
seeing you
on Monday!



Transition Cards

Write a positive message so each child knows they are not invisible, knows that you see them.
#WholeSchoolHappy

Today I noticed

Today I noticed

Today I noticed

Today I noticed

Today I noticed

Today I noticed

Today I noticed

Today I noticed

Today I noticed

Today I noticed

Transition Cards

Print out and give these to your whole class at home time.
#WholeSchoolHappy

**You Are
Amazing!**

**You Are
Amazing!**

**You Are
Amazing!**

**You Are
Amazing!**

**You Are
Amazing!**

**You Are
Amazing!**

**You Are
Amazing!**

**You Are
Amazing!**

**You Are
Amazing!**

**You Are
Amazing!**

Transition Cards

Print out and give these to your whole class at home time.
#WholeSchoolHappy

Thank
you for
working
so hard
today!



Thank
you for
working
so hard
today!



Thank
you for
working
so hard
today!



Thank
you for
working
so hard
today!



Thank
you for
working
so hard
today!



Thank
you for
working
so hard
today!



Thank
you for
working
so hard
today!



Thank
you for
working
so hard
today!



Thank
you for
working
so hard
today!



Thank
you for
working
so hard
today!



Transition Cards

Write a special message to your class and give it to them at home time.
#WholeSchoolHappy